




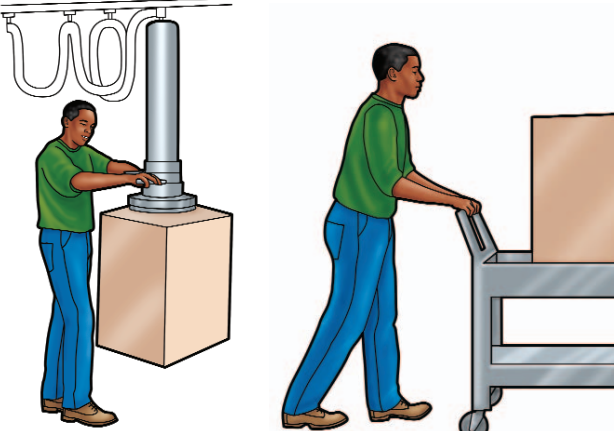






# SPOT THE HAZARDS → FIX THE HAZARDS

## PREVENTING MUSCULOSKELETAL INJURY THROUGH WORKPLACE DESIGN

SPOT THE HAZARD	FIX THE HAZARD
<p>Hands below knees or above head, elbows above shoulders</p> 	<p>Position work so hands are above knees and below head.</p> 
<p>Back bent and twisted</p> 	<p>Position work at comfortable heights. Minimize material handling.</p> 
<p>Awkward body posture</p> 	<p>Design work so tools and materials are within easy reach.</p> 
<p>Heavy lifting and carrying</p> 	<p>Reduce the need to lift and carry. Use mechanical lifts or carts. If you must lift manually, follow the guidelines found in the booklet.</p> 
<p>Awkward hand posture and high hand force</p> 	<p>Use the right tool for the job. Design work to improve posture and reduce force.</p> 
<p>Neck bent and twisted</p> 	<p>Use equipment that allows safe posture.</p> 

**DON'T SOLVE A PROBLEM WITH A PROBLEM. TALK TO YOUR WORKERS REGULARLY TO DISCUSS HAZARDS AND POTENTIAL SOLUTIONS.**

For more tips on fixing hazards in your workplace, consult the booklet *Sprains and strains: Preventing musculoskeletal injury through workplace design*.